PENDING CLAIMS AS AMENDED

Please amend claim 1 as indicated below.

- 1. (Previously Presented) A method for transmitting data comprising the steps of:
 transmitting a message indicative of the rate of said data prior to and independent of data
 transmission and the time interval over which said data will be transmitted at said rate; and
 transmitting said data at said rate during said time interval using one data transmission
 channel.
 - 2. (Previously Presented) The method of Claim 1 wherein said message comprises: an indication of the frame type; an indication of said rate of said data; and an indication of said time interval.
 - 3. (Original) The method of Claim 1 wherein said message comprises: a two bit indication of the frame type; a four bit indication of said rate of said data; and a four bit indication of said time interval.

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